

Lunch & Learn



Herb Gardening

Wednesday, October 17, 1:00 p.m.

Learn all about herbs and how to grow herbs them!
Don Ludke will be the presenter.

Nutrition with Thu: Holiday Eating Strategies

Wednesday, November 7, 11:15 a.m.

Join us as we learn about different holiday eating strategies to eat healthy and prevent weight gain...all while enjoying the holidays! Thu is a nutritionist with Giant.

Recycling 101

Tuesday, November 27, 11:30 a.m.

Have questions about the county recycling program? Deborah Moran, Commercial Recycling Program Analyst, will be the presenter.

Caroling Around the Piano

Tuesday, December 18, 11:30 a.m.

Gather round the piano for some holiday caroling. Make a joyful noise!

**There will be an optional lunch served at Noon, \$5.00.
Meal reservations are due 48 hours before each program date.**

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

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